

— PUBLIC REPORT BY PROMTPRESS

# Channel audit

## Nutrition Science by Professor



@nutrition\_prof

Here we write about nutrition, healthy eating and maintaining body health. For all questions – @elena\_caviar All managers – @psycho\_manag The channel is not official, Vladimir Abdulayevich...

| SUBSCRIBERS                  | ERR (% SEE POSTS) | REACH/POST        |
|------------------------------|-------------------|-------------------|
| 55 856                       | 7.0%              | 3.8K              |
| 28.06.2026<br>-450 per month | daily 4.4%        | ad reach 2.5K/24h |

[HTTPS://PROMTPRESS.COM/AUDIT/NUTRITION\\_PROF](https://promptpress.com/audit/nutrition_prof)

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SECTION 01 · CHANNEL SNAPSHOT

# Key Channel Metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

|                                                                                                                                                             |                                                                                                                                                                                                  |                                                                                                                                                                                              |                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div> SUBSCRIBERS</div><div>55 856</div><div>—</div></div>            | <div><div> SUBSCRIBER REACH</div><div>6.77%</div><div>avg % subs see post</div></div>                           | <div><div> VIEWS/POST</div><div>3.8K</div><div>median 3.9K · 29 days</div></div>                            | <div><div> POSTS/WEEK</div><div>49.2</div><div>for the period</div></div>                     |
| <div><div> 7D TREND</div><div>-4.3%</div><div>vs previous week</div></div> | <div><div> REACTIONS/POST</div><div>25.2</div><div>total 5,268 reactions, 5,044 reposts, 0 comments</div></div> | <div><div> POST LENGTH</div><div>307 chars.</div><div>median 332 · 29 days</div></div>                      | <div><div> POSTS ANALYZED</div><div>209</div><div>29 days</div></div>                         |
| <div><div> AD REACH</div><div>2.5K</div><div>24h avg</div></div>         | <div><div> CHURN / MONTH</div><div>-450</div><div>last month</div></div>                                      | <div><div> CITATIONS</div><div>593</div><div>citation index · 806 channels mentioned all time</div></div> | <div><div> CHANNEL AGE</div><div>2 years 10 months</div><div>created 19.08.2023</div></div> |

AI EDITOR SUMMARY

Channel «Nutrition from Professor» — 55 856 subs. Each post averages 3.8K people (7% from subs), reach is low — consider expanding audience. Publishes 49 posts per week (~7/day) — active posting. For the week of June 15–21, reach stable (-4.3% vs week 8–14 Jun).

SECTION 02 · CONTENT ANALYSIS

# What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **209** posts over 29 days.
- 02 Dominant format — **Photo** (120/209 posts).
- 03 Avg post length — **307** characters (median 332).
- 04 Peak audience activity — **Saturday**, 09:00 MSK.
- 05 Top posts get **2x** more views than the weakest (4.7K avg for top vs 3.1K for worst) — among 209 posts in 29 days. Analyze what the top posts have in common: topic, format, timing.

TOP 5 POSTS

|                                                                                                                                                                                                                                            |                                                                    |                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------|
| <div><div>Nº1</div><div>31.05 · 12:38</div><div>PHOTO</div></div> <div>Buckwheat is good for the thyroid. They say the thyroid is directly linked to the GI tract and should be treated through diet. Here's a recipe for healthy...</div> | <div>VIEWS</div> <div>4 765</div> <div>REPOSTS</div> <div>96</div> | <div>REACTIONS</div> <div>53</div> <div>ER</div> <div>8.5%</div> |
| <div><div>Nº2</div><div>30.05 · 06:05</div><div>VIDEO</div></div> <div>Magnesium – key to brain health 🧠 @nutrition_prof</div>                                                                                                             | <div>VIEWS</div> <div>4 636</div> <div>REPOSTS</div> <div>45</div> | <div>REACTIONS</div> <div>24</div> <div>ER</div> <div>8.3%</div> |
| <div><div>Nº3</div><div>30.05 · 12:08</div><div>VIDEO</div></div> <div>50 years of myths: why we were deficient in vitamin D? 🧐 @nutrition_prof</div>                                                                                      | <div>VIEWS</div> <div>4 576</div> <div>REPOSTS</div> <div>22</div> | <div>REACTIONS</div> <div>15</div> <div>ER</div> <div>8.2%</div> |

|                                                                                                                                                                                    |                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Nº4</b> 30.05 • 21:48 <b>PHOTO</b><br><b>Ginger for immune recovery. Ginger contains essential oils, gingerol, resins and resin acids. It is rich in vitamin C, contains...</b> | <div>VIEWS</div> <b>4 549</b><br><div>REPOSTS</div> <b>24</b><br><div>REACTIONS</div> <b>35</b><br><div>ER</div> <b>8.1%</b> |
| <b>Nº5</b> 31.05 • 20:02 <b>PHOTO</b><br><b>Health benefits of basil. — Helps restore GI tract. — Boosts tone. — Its essential oil helps...</b>                                    | <div>VIEWS</div> <b>4 535</b><br><div>REPOSTS</div> <b>18</b><br><div>REACTIONS</div> <b>25</b><br><div>ER</div> <b>8.1%</b> |

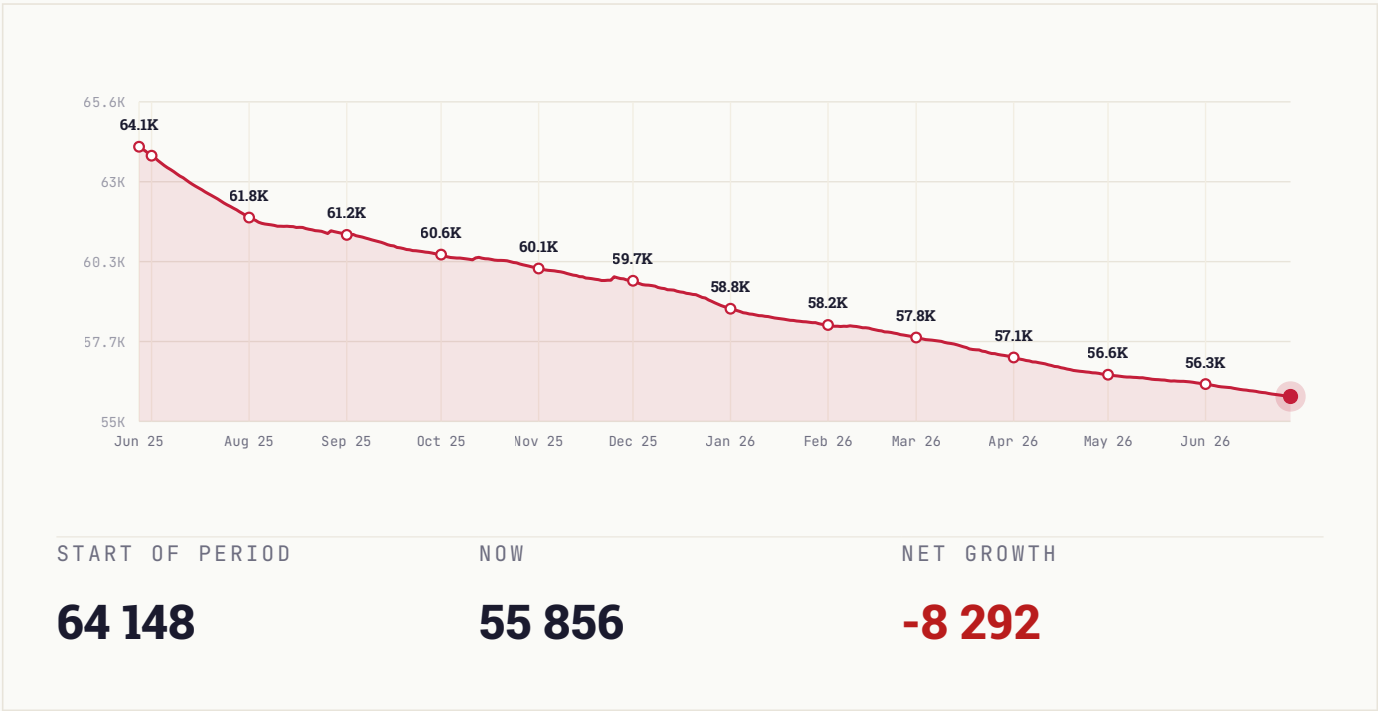
## WORST 3

|                                                                                                                                                                          |                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| ↓ 24.06 • 08:01 <b>VIDEO</b><br><b>Illusion of naturalness ☒ @nutrition_prof</b>                                                                                         | <div>VIEWS</div> <b>3 168</b><br><div>REPOSTS</div> <b>14</b><br><div>REACTIONS</div> <b>25</b><br><div>ER</div> <b>5.7%</b> |
| ↓ 25.06 • 08:05 <b>PHOTO</b><br><b>Product review. Cod liver. Everyone has special cells in their blood – platelets. They are responsible for blood clotting. But...</b> | <div>VIEWS</div> <b>3 033</b><br><div>REPOSTS</div> <b>37</b><br><div>REACTIONS</div> <b>42</b><br><div>ER</div> <b>5.4%</b> |
| ↓ 25.06 • 06:47 <b>VIDEO</b><br><b>Memory boosters ☒ @nutrition_prof</b>                                                                                                 | <div>VIEWS</div> <b>2 999</b><br><div>REPOSTS</div> <b>31</b><br><div>REACTIONS</div> <b>23</b><br><div>ER</div> <b>5.4%</b> |

SECTION 03 · SUBSCRIBER DYNAMICS

# How the channel grew over the year

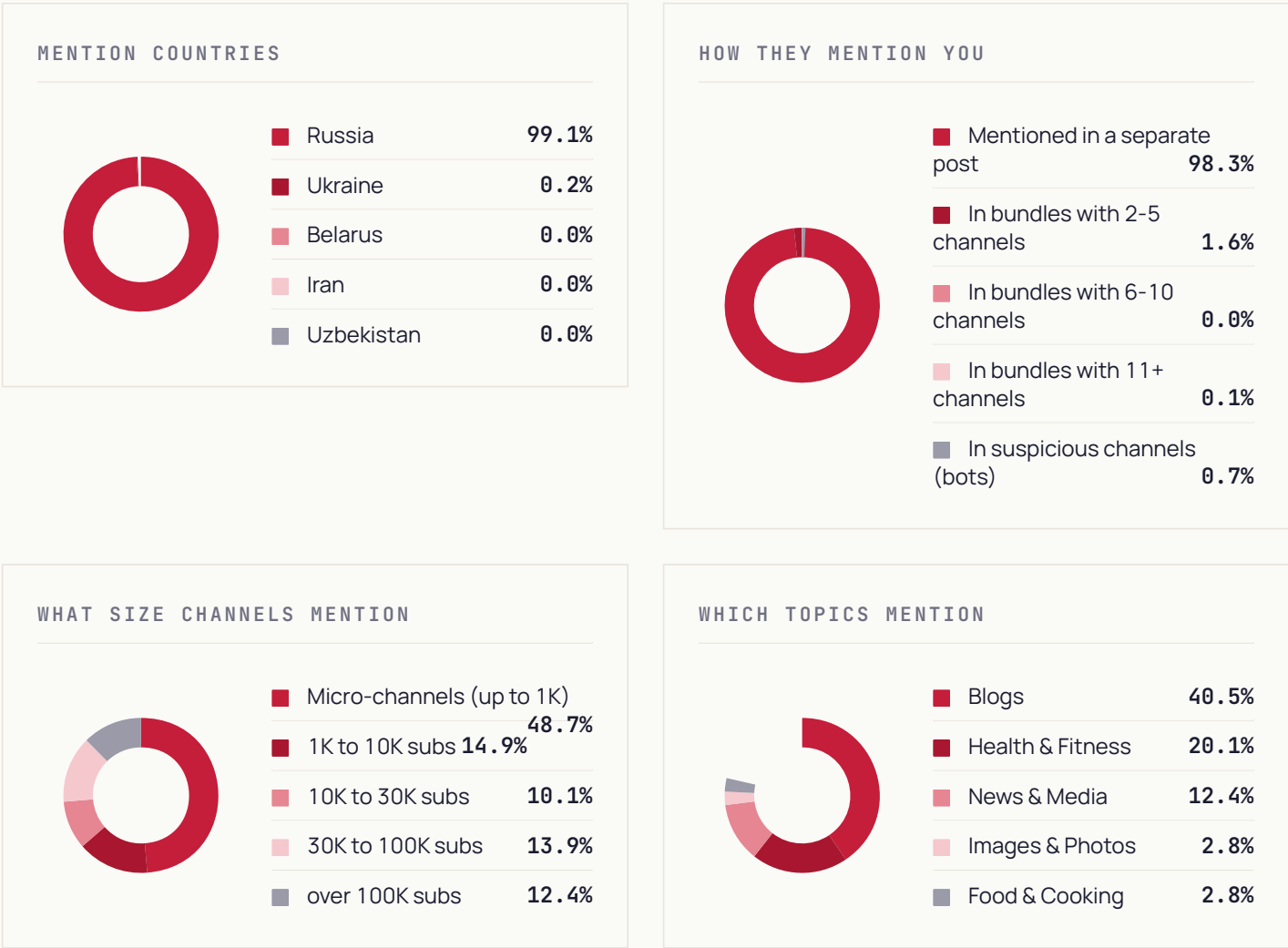
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel grew and which lost subs.



SECTION 04 · CITATIONS

# Who mentions the channel & how

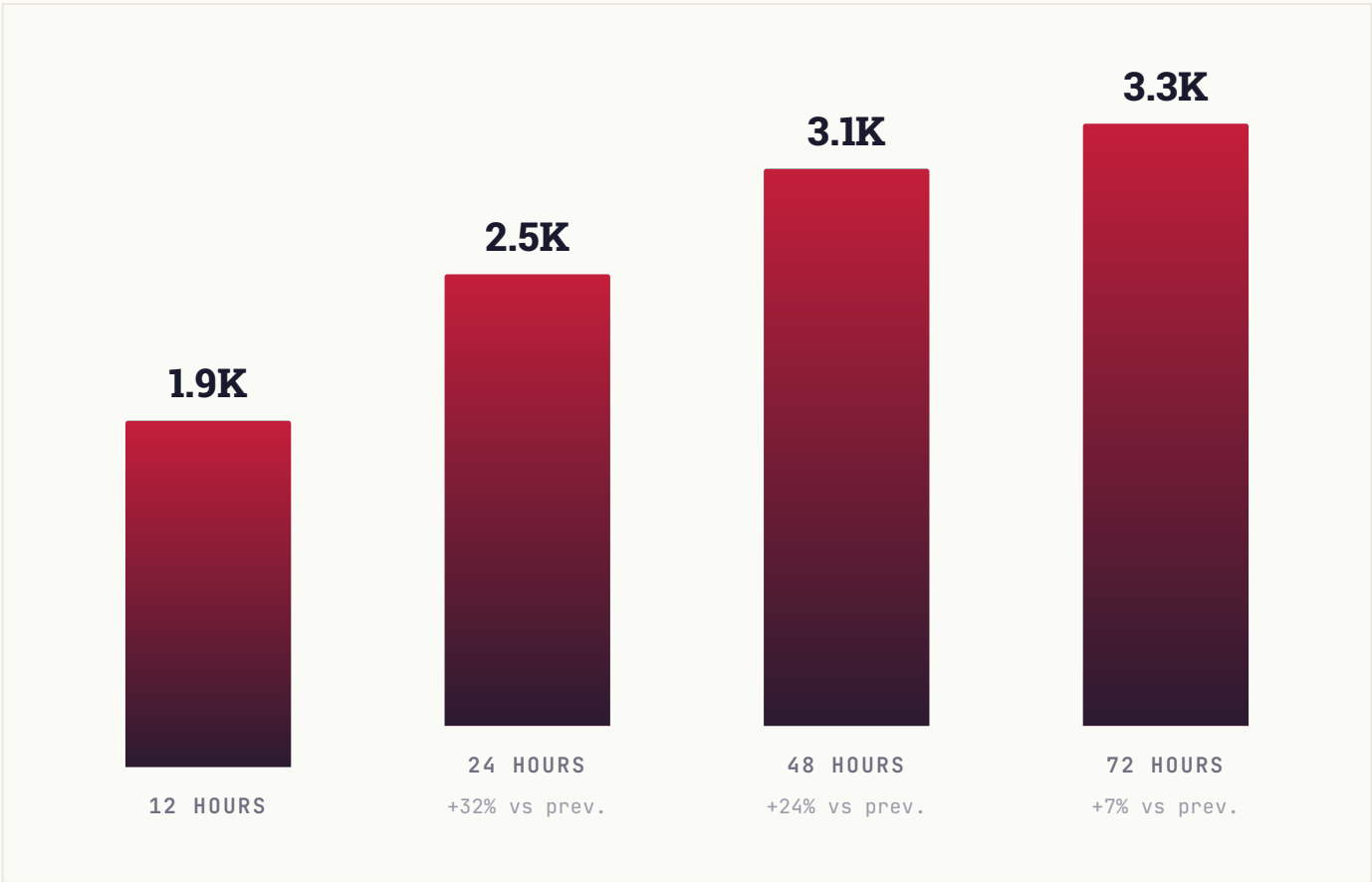
Citation index **593** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **806** different channels.



SECTION 05 · AD POTENTIAL

# How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long placement should 'live'.



SECTION 06 · COMPETITORS

# Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

| CHANNEL                                     | SUBSCRIBERS |
|---------------------------------------------|-------------|
| BI Blog from the morgue                     | 358.5K      |
| EM Endocrinologist Magerya                  | 293.7K      |
| EP EXPERIENCED PHARMACIST                   | 266.7K      |
| MM Moscow Medicine                          | 240.6K      |
| Health HealthControl                        | 223.5K      |
| QualityDr. Shishonin's Channel              | 215.2K      |
| AT Anatomical Theater                       | 201.3K      |
| MR Mycerinus. Childbirth? Call the midwife! | 192.5K      |
| DM DOCTOR MYASNIKOV                         | 182.7K      |
| LifestyleForensic expert's notes            | 171.4K      |
| BUT Nutrition Science by Professor YOU      | 55.9K       |

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#70 of 96). Niche median — 70.8K subs. First growth KPI — reach the median. Leader: Blog from the morgue (358.5K).

SECTION 07 · MENTION DYNAMICS

# How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **125**, they brought **360** new subs.

| PERIOD         | MENTIONS | CHANNELS       | BROUGHT | SUBSCRIBERS           |
|----------------|----------|----------------|---------|-----------------------|
| December 2025  | 30       | 4              | 0       | <div></div>           |
| November 2025  | 31       | 3              | 129     | <div></div>           |
| October 2025   | 37       | 7              | 84      | <div></div>           |
| September 2025 | 10       | 3              | 47      | <div></div>           |
| August 2025    | 17       | 4              | 100     | <div></div>           |
| July 2025      | 0        | 0              | 0       | <div></div>           |
| TOTAL MENTIONS |          | MONTHS OF DATA |         | ATTRACTED SUBSCRIBERS |
| 125            |          | 6              |         | 360                   |

## — SECTION 08 • NICHE COMPARISON

# Where your channel ranks in its league

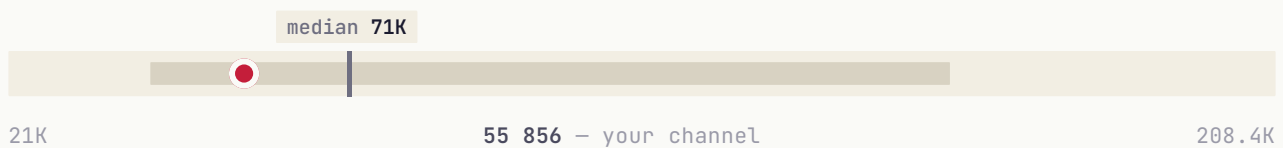
Took top-100 channels in category "Medicine» (Russia) and saw how your channel compares. Gray band — range where 80% of niche channels fall (p10 to p90). Black vertical — median. Red dot — your channel.

# #70 /100

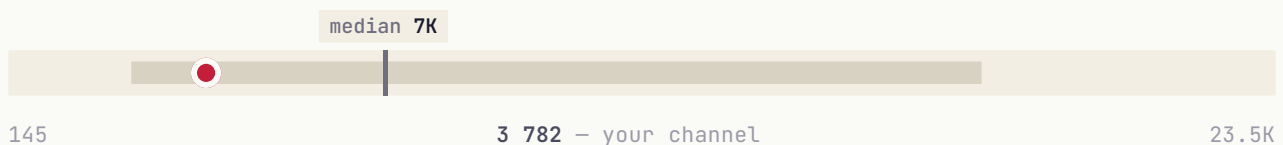
RANK IN NICHE

## Channel in the bottom half of the ranking

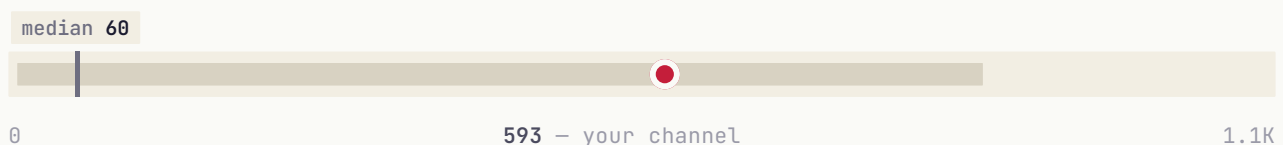
### SUBSCRIBERS

**worse than median by 21%**

### AVG REACH / POST

**worse than median by 46%**

### CITATION INDEX

**better than 75% of niche**

## — SECTION 09 · STRATEGY

# What to do right now

5 priority actions sorted by expected impact. Check them off and return to this report in a month.

01

## Top post of the week — on Saturday

Audience is most active on this day at 09:00 MSK.

EFFECT

**Best time for  
important post**

02

## Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000  
subs**

03

## Test polls and interactive formats

Posts with polls/reactions usually give +5-15% to ER.  
One poll per week on a hot topic — easy growth point.

EFFECT

**+5-15% ER**

04

## Cross-promo with neighbor channels

Swap posts with same-segment channels quarterly. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from  
relevant  
audience**

05

## Update channel description for Telegram search

Telegram search looks at description. Add 3-5 niche keywords — organic traffic source.

EFFECT

**Organic traffic  
source**

★ WHAT'S NEXT

# Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads with us and hit your growth target in a month.

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**01**      **Launch ads on Telegram**      <https://panel.promptpress.com/register>

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**02**      **Contact manager**      [t.me/PromptPress\\_manager](https://t.me/PromptPress_manager)

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